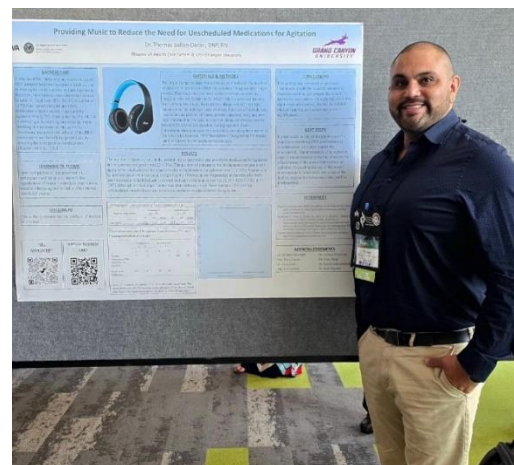




## Surgical Serenity Solutions Announces Its 3<sup>rd</sup> Clinical Research Study



Thomas Ballan-Duran, DNP presenting his research at the American Psychiatric Nurses Association Conference in Louisville, KY.

### Providing Music to Reduce the Need for Unscheduled Medications for Agitation

Research by Thomas Ballan-Duran, DNP

#### Introduction

Surgical Serenity Solutions has been providing VA Hospitals with specially curated playlists for patients undergoing a wide variety of procedures. This music is specifically designed to reduce anxiety and pain perception.

1. In 2015, the first clinical research study of our music and delivery method was conducted on male veterans aged 18-65 undergoing major abdominal surgery at the Robley Rex VA Hospital in Louisville, KY. The results showed a significant decrease in the amount of opioids required after surgery.
2. The second clinical study was conducted at the University of North Carolina School of Medicine by **Angela B. Smith, MD MS FACS**, Associate Dean for Faculty Affairs & Leadership Development and Professor of Urology. This study looked at the use of Surgical Serenity

Solutions music through pre-loaded headphones during a cystoscopy procedure. Results showed a significant decrease in anxiety and pain perception.

### Newest clinical research study (our third study)

A few months ago, a nursing doctoral student, Thomas Ballan-Duran, told me that he was interested in the effects of music on agitated psychiatric hospital patients and wanted to do his dissertation research using our music and delivery method.

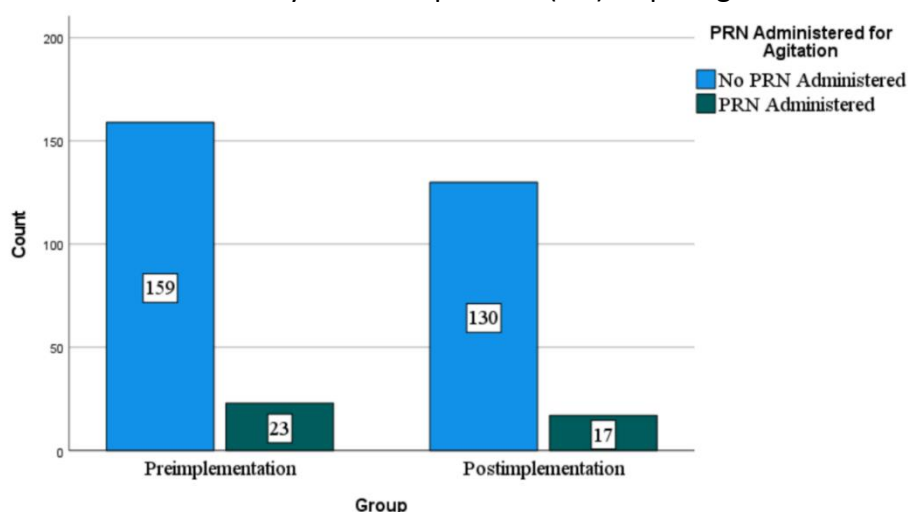
Unscheduled or PRN antipsychotic or anxiolytic medications may increase agitation in hospitalized patients. At the project site, there was an increased use of unscheduled medications to treat agitation, so an evidence-based solution was sought. The purpose of this quality improvement project was to determine if the translation of Scudamore et al.'s research utilizing music listening would impact the number of unscheduled antipsychotic and anxiolytic medications administered among hospitalized adult patients experiencing agitation.

The project was piloted over an eight-week period in an inpatient psychiatry unit in a Veteran Affairs (VA) Medical Center in the southwest United States. Sister Callista Roy's adaptation theory and the Iowa model of evidence-based practice provided the scientific underpinnings for the project.

Data were collected from the electronic health record on 329 patients: n=182 patients in the comparative group and n=147 in the implementation group. A Pearson's chi square compared the frequencies between the comparative and implementation groups and showed no statistically significant difference in the unscheduled antipsychotic and anxiolytic medications administered [ $\chi^2(1, N = 329) = .088, p = .767$ ].

However, clinical significance **was** demonstrated by six fewer patients (1%) requiring unscheduled antipsychotic and anxiolytic medications for agitation.

Based on these results, the implementation of music listening may impact unscheduled anxiolytic medication use in this population. Recommendations are to sustain the project over a longer period of time with a larger sample, and to disseminate the results.



In the chart shown, in the preimplementation group, 159 patients did not have PRN (unscheduled) medication administered and 23 did have medication administered. In the postimplementation group that listened to the Surgical Serenity Solutions music through headphones, 130 patients did not have PRN (unscheduled) medication administered and 17 did have medication administered.

### **How you can learn about the use of music for a hospital or facility**

- To read more research about music medicine in healthcare, go to [www.SurgicalSerenitySolutions.com/research](http://www.SurgicalSerenitySolutions.com/research)
- To read patient experiences, go to [www.SurgicalSerenitySolutions.com/testimonials](http://www.SurgicalSerenitySolutions.com/testimonials)
- To listen to Dr. Cash's podcast interview on the "Enhance Life with Music podcast," go to <https://mpetersonmusic.com/podcast/episode167>
- To listen to Dr. Cash's podcast interview on the "Your Ageless Musical Brain" podcast, go to <https://youtu.be/e5QWuaGI-pw?si=Mcdxy2y0SgVmrpEx>
- To read a recent blog post on a topic that is trending now, go to <https://music4surgery.medium.com/is-it-music-therapy-or-music-medicine-1f0cab42f4d9>

### **Discover the various ways you can access Surgical Serenity Solutions music...**

- Reusable Headphones: (these include disposable earpiece covers) <https://surgicalserenitysolutions.com/hospitalheadphones>
- MP3 Players - Give to the patient: (branded for your facility) <https://surgicalserenitysolutions.com/MP3players>
- Free App - Download and Choose Playlist (\$9.95 each): <http://www.surgicalserenitysolutions.com/calm>
- License our playlists - Contact Us for a Conversation: <https://www.surgicalserenitysolutions.com/contact-us/>

To contact Surgical Serenity Solutions to find out how you can implement our program for Music Medicine, go to

[www.SurgicalSerenitySolutions.com/contact-us](http://www.SurgicalSerenitySolutions.com/contact-us)